

OCTOBER 18 - NOVEMBER 15, 2023

# M IS FOR MENOPAUSE, BABY!

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ART EXHIBITION | DRINKING GOURD GALLERY





"Age is just a number. Life and aging are the greatest gifts that we could possibly ever have."

— Cicely Tyson

# EXHIBITING ARTISTS

- Tracey Rieder Albrecht
- Kristin Barta
- Deborah Burton
- Jacqueline S. Dulin
- Michelle Franklin
- Jane Gardner
- Brenda Harris
- Debra E. Johnson
- Art Love and Rendon Foy
- Darryl Matthews
- Kirsten Moore
- Barbara Outterson
- Corliss R. Owen
- Maria Tavarez
- Lillian L. Thompson
- Carol Torian
- Shelvy Ramsey Torian

## Sales & Assistance

We hope you enjoy this curated collection of artworks. Each piece tells a unique story and is a reflection of the artist's passion and creativity.

For sales and inquiries, our dedicated team at Drinking Gourd Gallery is ready to help. Please just contact us by e-mail or phone.

Thank you for supporting the arts and being part of this creative journey.

## Contact Us



(919) 627-4994



[dggartinfo@gmail.com](mailto:dggartinfo@gmail.com)



[www.dggallerync.com](http://www.dggallerync.com)

# ABOUT THE EXHIBITION

Featuring some fifty works, the *M is for Menopause, Baby!* group exhibition uses art to talk about a subject that people tend to shy away from...THE MENOPAUSAL JOURNEY. By 2025, it's estimated that 1.1 billion women will be experiencing menopause, or "The Change" as it is frequently called. Menopause is not a disease. Menopause is not a mental health condition. It is a natural part of the aging process when a person has gone 12 months without a menstrual period. In the United States, the average age for menopause is 51. However, it can occur earlier in life. But what exactly is menopause? What does it mean to be perimenopausal or postmenopausal? Too often, these normal stages of life are spoken about negatively in hushed tones as if they're something to be ashamed of or feared. Those with symptoms may be told it's all in their mind and struggling can become normalized. The *M is for Menopause, Baby!* exhibition brings together creatives, health care providers, and other experts to offer accurate information and challenge the myths, stereotypes and stigma that surround the menopausal journey.

Health equity is central to this exhibition. Now more than ever, it is critical to reduce the disparity in health status for underserved populations and to ensure dignity and respect for everyone. Achieving this requires ongoing efforts and acknowledgement of systemic bias. Building on that perspective, the exhibition features a silent auction to benefit My Sister's House, which is a local non-profit that aids victims of domestic violence, sexual assault, and human trafficking. Likewise, to address period poverty, a period products drive is occurring in conjunction with the exhibition, and drop-off boxes are available at Rocky Mount Mills, Eastern North Carolina Medical Group, and UNC Health Nash.

Menopause and menstruation share many commonalities. And for some, the first period can be shrouded in the same silence, secrecy, shame, and confusion as the last period. And in both of these instances, life changes forever in new and unexpected ways that are often not discussed. The *M is for Menopause, Baby!* exhibition provides an art-centered space to start a conversation that welcomes all voices.

*M is for Menopause, Baby!* is presented by Drinking Gourd Gallery in partnership with Rocky Mount Mills, KIKI PIPER, and UNC Health Nash.

# EXHIBITION PARTNERS

## **Drinking Gourd Gallery**

Based in Raleigh, North Carolina and established in 2018, Drinking Gourd Gallery is a commercial art gallery offering the works of established, mid-career and emerging artists in a virtual setting. Looking back and ahead, the gallery is dedicated to artistic freedom and committed to showcasing diverse voices and perspectives. Known for its eclectic, ever-changing collection, Drinking Gourd Gallery offers a relaxed space for visitors to discover and shop for unique artwork and gift items. The gallery is also proud to present exhibitions, book and film discussions, artist talks, lectures, classes, and performances to inspire and engage.

## **Rocky Mount Mills**

Located along the Falls of the beautiful Tar River, Rocky Mount Mills is a development of historic proportions, bringing together residential, commercial, cultural, and entertainment amenities in one unique destination. The 82-acre campus of this restored cotton mill showcases a bold approach to historic preservation — honoring the past while also breathing new life into the plank floors, stout timbers, and intricate brickwork of this storied place that's listed on the National Register of Historic Places.

Rocky Mount Mills features vibrant community gathering areas, abundant restaurant options, craft breweries, River & Twine a “tiny house” hotel, indoor and outdoor event venues plus light-filled residences and workspaces. It's a place to wander, to explore and be surprised. It's a place to connect, to collaborate, and be inspired — a place to craft your own story.

## **KIKI PIPER**

Founded in 2021, formerly Sola Bee Artistry, KIKI PIPER is an online art gallery and store, showcasing original artwork, prints and products, artisan home goods, and upcycled decor that emphasizes sustainability by using primarily recycled paper as a medium along with other repurposed materials.

## **UNC Health Nash**

In the 1960s, Nash County community leaders had the vision to create a new hospital in their area to meet health care needs in Rocky Mount. Today, UNC Nash is a nonprofit hospital affiliate of UNC Health Care, a leading national health care system. The hospital's partnership with UNC offers expertise, innovation, resources, and research to the patients they serve in eastern North Carolina.



**KIKI PIPER**

**UNC**  
HEALTH  
Nash



# MEET THE CURATORS

## **CAROL TORIAN**

Carol Torian is a playwright, fiction writer, producer, gallerist, and contemporary artist, known for her abstract paintings and drawings. She is a self-taught artist whose work is inspired by nature, urban settings, women's issues, and social justice issues. Carol's work crisscrosses racial, cultural, and socioeconomic boundaries to promote understanding, appreciation, and awareness. Carol is a graduate of Meredith College, and the founder and owner of Drinking Gourd Gallery.



## **KIRSTEN MOORE**

Kirsten Moore is a Canadian-American paper artist, residing in Raleigh, North Carolina. As a graduate from SUNY Potsdam with a BFA in Visual Arts with a concentration in graphic design and sculpture, Kirsten has a passion for planet sustainability and uses repurposed materials and discarded items to create her mixed media artwork. Her process of deconstructing the material and giving it new life can be seen in her paintings, sculptures, and even digital artwork. Her unique application often creates "messages" in the composition, adding another depth of spirituality and adventure for the viewer. Kirsten is the founder and owner of KIKI PIPER.





**TRACEY RIEDER ALBRECHT**

*Island Woman*

Oil on canvas

30" x 40"



**TRACEY RIEDER ALBRECHT**

*The Crack of Spring*

Oil on canvas

30" x 40"





**TRACEY RIEDER ALBRECHT**

*Cycles*

Oil on canvas

36" x 36"



**KRISTIN BARTA**

*Autonomy*

Wood Block Carving Digital Reprint

8" x 10"



**KRISTIN BARTA**

*Feminine Energy*

Digital Illustration

8" x 8"



**KRISTIN BARTA**

*Practice of Trust*

Digital Print

8" x 10"



**KRISTIN BARTA**

*Radiant*

Digital Illustration

8" x 8"



**DEBORAH BURTON**

*A Walk to Remember*

Acrylic and Resin on Glass Vase

11" x 2.5"

*My love of art started at a very young age but the passion to get serious really hit me 10 years ago. I have always loved nature's color palette where I paint wildlife, landscapes, animals and seasonal scenes. My medium of choice is acrylic. I also enjoy oils as well embodying in some my work, a bit of texture and sometimes resin. Previously I had fun working on canvas but recently transitioned into refurbished vases and pottery giving them a new life of expression. Using deep dark colors in my palette, it gives me a feeling of comfort. Oftentimes, music is referred to the heart of the soul and my hope is that my works evoke a sense of peace and joy. I feel in harmony, art can bring you back to a special moment in your life, when time stands still. It is here that I so often try to capture the beauty of the moment before me.*

*I have studied under world-renowned artists, Robert Hagan and Jerry Yarnell for a number of years while continuing still today.*

*Asheville, NC is where you will find me enjoying all the beauty this area has to offer.*



**JACQUELINE S. DULIN**

*Liminal no. 2: The Fall*

Collage/mixed media/oil and acrylic on canvas with original Vogue pattern #1355 pieces and photocopy of Estrodiol patch instructions

36" x 48"

*Popular culture celebrates the transition of girl to womanhood, but rarely a woman's movement into old age. In my recent body of work, I explore the contrasting pull to both resist and embrace the meaningful and humbling journey of becoming a middle-aged woman. I live with unexpected clarity while navigating the quick descent of things I have taken for granted, and this work centers my face and body as the subjects which physically reveal the result and expression of this experience.*

Jacqueline S. Dulin is a Vietnamese American artist in Garner, NC whose work explores personal experience, faith, culture, and identity. Her abstracts, landscapes, and figures examine the interplay between form and color and their relationship to emotion and spirituality. Often biographical in nature, her art wrestles with ideas of the passage of time and how it impacts her perspective. Jacqueline earned her B.F.A. in painting/art history from James Madison University and currently serves as a docent at the North Carolina Museum of Art.



**MICHELLE FRANKLIN**

*Autumn Sister*

Acrylic, epoxy resin, Artivive on cradled wood

11" x 14"

*I am a fluid artist living in Wilson County, North Carolina. I became interested in this art form as a travel nurse during the pandemic. You can probably imagine I've seen a lot during those trying times. To distract my mind from the pandemic, I initially learned how to color in adult coloring books and paint-by-numbers. Mainly, I wanted to learn about color theory and how to blend colors.*

*Fluid art is also called acrylic pour art. It is a form of abstract impressionist artform where I pour various mediums on a canvas or other surfaces. The paint can be manipulated by using compressed air, palette knives, or gravity. As a travel nurse, I often use colors from the places I've traveled. For instance, I recently had a travel assignment in Mississippi on the Gulf Coast, I used a lot of brown and turquoise colors to represent the ocean and shoreline. I also draw my inspiration from the people I meet in my travels. My recent work "Sisterhood" represents the many nurses I've had the opportunity to work with.*





**MICHELLE FRANKLIN**

*Butterfly Sister*

Acrylic, epoxy resin, Artivive on cradled wood

11" x 14"

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## **JANE GARDNER**

*Four Stages of Menopause*

Acrylic on canvas

8" x 8"

*When writer friends in New York invited me to join them in abstract painting classes on Zoom with Mellissa Morris via Falmouth Art Center in Massachusetts, I signed up. The result is the art work I am now doing.*

*This is what I learned to do: I experiment. Making art is almost like cooking or writing. I incorporate a variety of materials from china markers, collage, colored pencils, paints, pastels, charcoals, and transform recycled paper in my work.*

*Abstract painting helped me to thrive during the Pandemic. My adventure has freed up my imagination and my work is a form of meditation: I have active conversation with the materials, the canvas or paper and the colors. Most often, I draw a line and see where it takes me.*

*Sometimes I think, other times, I am spoken to and a story unfolds. I believe Art heals the spirit and weaves richness into our lives! I hope you will enjoy looking at my work.*

*I was raised in Wilson, North Carolina and graduated from East Carolina University's School of Art. In 1969 I moved to New York City and stopped painting for approximately fifty years. My interest in the creative process however led me on a different path, to independently study a number of artists and to learn from their best practices. This research resulted in the publication of a well reviewed photo essay children's picture book: *Henry Moore: From Bones and Stones to Sketches and Sculptures*.*

*Upon my return to Wilson in 2002, I taught elementary school and middle school art to literally thousands of students during my thirteen year tenure. I support and enjoy friendships through Wilson Arts, NC Museum of Art, Wilson Active Artists, Falmouth Art Center, and Tar River Artists Collaborative.*



## JANE GARDNER

*Journey Through the Fog*

Mixed media

12" x 12"

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**BRENDA HARRIS**

*Sunflowers*

Acrylic on canvas

16" x 20"

Brenda Harris has been interested in art since early childhood. She has always had a love for drawing and often competed with her older brother in drawing art contests from magazines. Brenda originally began studying for an art degree in her first year of college, but decided to change her major to biology. Brenda went on to earn a BS degree in Biology and a BHS degree from the Physician Assistant Program at Duke University. Though she is passionate about medicine, her love of art has remained constant. Brenda is inspired by nature and its bold and bright colors. She enjoys working in acrylic and watercolor. Brenda is known for her very expressive brushwork that captures objects, animals, people and places that we may take for granted or overlook. Her works come to life on canvas and fine art paper, but she also favors weathered Masonite board, irregularly shaped papers, reused paper, wood, fabric, and poster board. Brenda is furthering her study of art by taking online courses. She is also having exhibitions juried locally and nationally. Brenda currently resides in Roxboro, North Carolina where she grew up.



**BRENDA HARRIS**

*Bloom*

Watercolor on paper

9" x 12"

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**BRENDA HARRIS**

*What People Think No. 1*

Gel pen on paper

9" x 12"

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**BRENDA HARRIS**

*What People Think No. 2*

Gel pen on paper

9" x 12"

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**BRENDA HARRIS**

*Rainy Day*

Acrylic on canvas

11" x 16"

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**DEBRA E. JOHNSON**

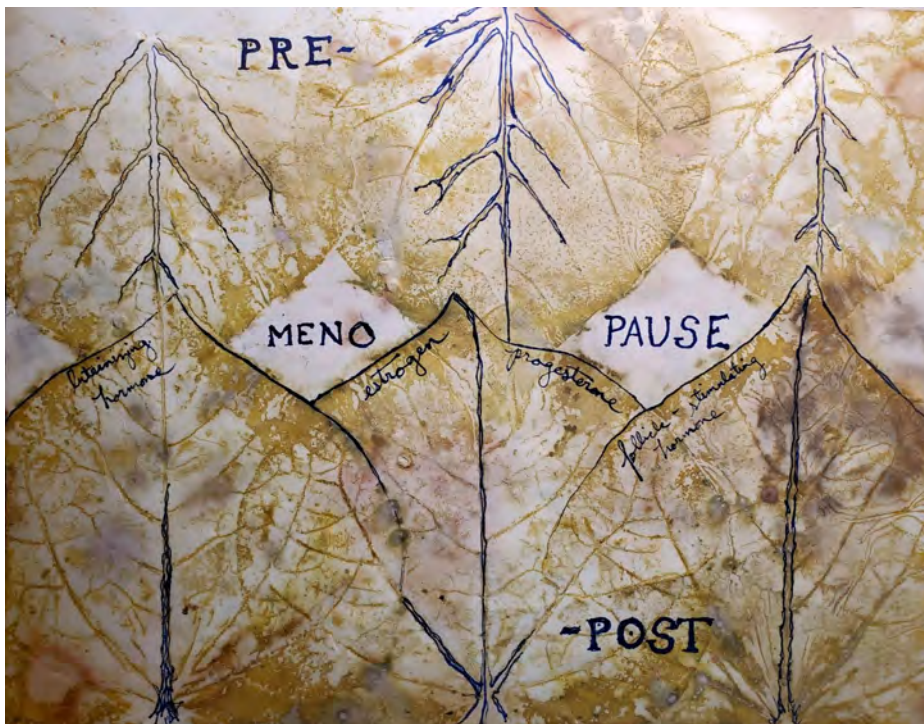
*Untitled*

Screen Print with Mixed Media Collage

20" x 20.5"

*Debra E. Johnson is a native of San Diego, CA. She is a multimedia visual artist. Johnson earned her B.A. in Art and a B.F.A. in Painting from Spelman College and the San Francisco Art Institute respectively. Johnson returned home to San Diego and participated in two international art exhibitions. Her work traveled to Japan and Mexico in the San Diego Tijuana Yokohama Art Exchange exhibit. Then, her multi-ethnic artist group, (where she was the only woman) Cultural Alchemy, was invited to exhibit in Johannesburg, South Africa, for Decolonizing Our Minds- Premier International Biennale Art Exhibition.*

*Johnson moved to Atlanta where she became active in the arts community and received her M.F.A. from Georgia State University. Her M.F.A. thesis and show, titled Glory B 2 God, was based on the theme of restoration and healing from a Womanist and Afrofuturist perspective. As her thesis proclaims, "My belief system is that healing or restoration comes from The Most High, nothing constructive is possible without God..." Her artistic method draws from the life-giving interconnections between nature, human beings, and the spiritual universe. Johnson's current project involves illustrating a children's book for the North Carolina Department of Natural and Cultural Resources. Johnson is a teaching artist and resides in North Carolina with her son.*



**ART LOVE & RENDON FOY**

*Alternate Visual of Hormone Levels Pre- and Post-Menopause*

Botanical Ink on paper

8.5" x 11"

The art we make captures our shared passions for anatomy, education, and nature. We want to share what our work as massage therapists has taught us and recognize the much more complex experience of having a body, being a part of nature — especially in this world that so often takes us out of both body and nature.



**ART LOVE & RENDON FOY**

*One Less Egg to Fry*

Botanical Ink on paper

9" x 12"

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**GWEN M. HARDIE**

*Dreamscape*

Acrylic on canvas board

8" x 8"

*It's with a pen, I paint and paper is my preferred canvas. For over twenty years, I have rendered all sorts of imaginary, everyday scenes and items around the homestead. The humble yet frugal times and way of life so often gives me a sense of serenity. Although pen and ink is my greatest joy, I also paint on occasion in acrylic. I have always felt that my works are not meant for gallery walls, yet I am deeply humbled to be able to do so. More recently, I have been working on a series of subtle landscapes. They evoke a sense of tranquility to me like those of my earlier artworks.*

*Gwen Hardie's joy for art came to light in the most unusual way. As a child, she wanted to become an archaeologist and envisioned herself on a hillside carefully unearthing the remains of an old, long-abandoned homestead with a paintbrush. She had a dream to find some of her family throughout her youth. Once she found them later in life, she began her journey in the arts. Although dreams of becoming an archeologist still intrigues her, she went on to embark on illustrating her way back in time.*

*Gwen Hardie is from Seattle, Washington and moved to North Carolina in the 1990s.*



**GWEN M. HARDIE**

*Land of Opportunity*

Acrylic on canvas board

8" x 8"

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**GWEN M. HARDIE**

*Serenity*

Acrylic on canvas board

8" x 8"

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**GWEN M. HARDIE**

*Promised Land*

Acrylic on canvas board

8" x 8"

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## DARRYL MATTHEWS

*Cicely Tyson*

Oil, acrylic, charcoal, color pencil on canvas

19" x 19"

*I am an artist with over forty years of experience creating a range of figurative artwork. My portfolio includes works on paper and canvas. Though I am primarily known for my sports figures, I create work that features people from different walks of life. My approach to art making is to create a realistic representation of my subjects. I like to include dramatic movement in my artwork, and I favor rich colors. The eyes tend to be the focal point of my work, revealing personality, sadness, joy, fear, tension, paranoia, and beauty. I try to communicate something to the viewer through my art. I want people to connect with the work on a personal, intimate level, and I want to evoke emotion and feelings. There is pride, history, and identity embodied in my work, and these characteristics allow my art to transform a space. My hope is that my work will make the viewer think as they walk by it, and that they will take whatever they need from the composition in that moment.*

Darryl Matthews is a native of Newark, New Jersey and attended the Newark School of Fine and Industrial Art. His work creates narratives about American culture and provides a lens for viewing the nation's complex history. In 2022, Darryl was commissioned by the Buck Leonard Association to create seven original paintings of baseball legends Martín Dihigo, Lou Gehrig, Hank Greenberg, Buck O'Neil, Tony Perez, Joe Staton and Ben Taylor. These works are on permanent display in the Buck Leonard First Baseman's Hall of Fame located at the Imperial Centre for the Arts & Sciences in Rocky Mount, NC.





**DARRYL MATTHEWS**

*Michelle Obama*

Oil, acrylic, charcoal, color pencil on canvas

19" x 19"

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**DARRYL MATTHEWS**

*Whoopi Goldberg*

Oil, acrylic, charcoal, color pencil on canvas

19" x 19"

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## **DARRYL MATTHEWS**

*Little Sunflower*

Digital Print

8.5" x 11"

*I am an artist with over forty years of experience creating a range of figurative artwork. My portfolio includes works on paper and canvas. Though I am primarily known for my sports figures, I create work that features people from different walks of life. My approach to art making is to create a realistic representation of my subjects. I like to include dramatic movement in my artwork, and I favor rich colors. The eyes tend to be the focal point of my work, revealing personality, sadness, joy, fear, tension, paranoia, and beauty. I try to communicate something to the viewer through my art. I want people to connect with the work on a personal, intimate level, and I want to evoke emotion and feelings. There is pride, history, and identity embodied in my work, and these characteristics allow my art to transform a space. My hope is that my work will make the viewer think as they walk by it, and that they will take whatever they need from the composition in that moment.*

Darryl Matthews is a native of Newark, New Jersey and attended the Newark School of Fine and Industrial Art. His work creates narratives about American culture and provides a lens for viewing the nation's complex history. In 2022, Darryl was commissioned by the Buck Leonard Association to create seven original paintings of baseball legends Martín Dihigo, Lou Gehrig, Hank Greenberg, Buck O'Neil, Tony Perez, Joe Staton and Ben Taylor. These works are on permanent display in the Buck Leonard First Baseman's Hall of Fame located at the Imperial Centre for the Arts & Sciences in Rocky Mount, NC.



**BARBARA OOUTERSON**

*Milton's Way*

Acrylic on canvas

10" x 10"



**BARBARA OUTTERSON**

*Mother of the Bride*

Acrylic, cotton lace on canvas

24" x 36"



**BARBARA OUTTERSON**

*Woman as a Force of Nature*

Acrylic on canvas

16" x 20"



**CORLISS R. OWEN**

*The Faces of Menopause*

Acrylic on canvas

12" x 16"

*When I pick up a brush, I use it to weave the history of Black people from slavery to Jim Crow to the Civil Rights era to the present. My artwork is rooted in tradition and expresses the truth, strength, and resiliency of my community. Family, faith, freedom, identity, and progress are ever-present themes in my work. I tell stories with each painting I create, and my folk art is a celebration of Black heritage and an offering for those who want to learn more. I always hope that my work will bring joy to viewers and encourage a respectful exchange of ideas and perspectives.*

Corliss R. Owen considers herself to be a visionary folk artist, and she has been painting for more than 60 years. Corliss enjoys experimenting with different mediums and subjects in her artwork. She is a prolific artist whose body of work includes everything from crafting art for school classrooms to creating unique pieces using acrylic paints. Corliss is a North Carolina native.



**CORLISS R. OWEN**

*Nubian Queen*

Acrylic on canvas

16" x 20"

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**CORLISS R. OWEN**

*I Know Why the Caged Bird Sings*

Acrylic on canvas

16" x 20"

*When I pick up a brush, I use it to weave the history of Black people from slavery to Jim Crow to the Civil Rights era to the present. My artwork is rooted in tradition and expresses the truth, strength, and resiliency of my community. Family, faith, freedom, identity, and progress are ever-present themes in my work. I tell stories with each painting I create, and my folk art is a celebration of Black heritage and an offering for those who want to learn more. I always hope that my work will bring joy to viewers and encourage a respectful exchange of ideas and perspectives.*

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**CORLISS R. OWEN**

*Queens*

Acrylic on canvas

16" x 20"

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**KIKI PIPER**

*Censored*

Mixed media

24" x 36"

*The inspiration for this piece came to me as we were reaching out to donors and artist in regards to sponsoring/participating in the event. I am shocked at the amount of people that are really uncomfortable with menopause. The lack of support in the workplace, public establishments, and in our own family homes makes this mission all the more imperative. Women are censored. Period. Our voice, our bodies, our health. And not just by men. Women censor themselves. If you can't speak up about your own body, how can we expect others do it for us? No one knows its an issue unless we keep talking about it. We do have a voice. Let's use it.*

Kiki Piper is a Canadian-American paper artist, residing in Raleigh, North Carolina. As a graduate from SUNY Potsdam with a BFA in Visual Arts with a concentration in graphic design and sculpture, Kiki has a passion for planet sustainability and uses repurposed materials and discarded items to create her mixed media artwork. Her process of deconstructing the material and giving it new life can be seen in her paintings, sculptures, and even digital artwork. Her unique application often creates "messages" in the composition, adding another depth of spirituality and adventure for the viewer. Kiki Piper owns an art gallery that bears her name, and the gallery is one of the presenting partners for the *M is for Menopause, Baby!* exhibition.





**KIKI PIPER**

*Divine Awakening*

Mixed media

40" x 30"

Kiki Piper is a Canadian-American paper artist, residing in Raleigh, North Carolina. As a graduate from SUNY Potsdam with a BFA in Visual Arts with a concentration in graphic design and sculpture, Kiki has a passion for planet sustainability and uses repurposed materials and discarded items to create her mixed media artwork. Her process of deconstructing the material and giving it new life can be seen in her paintings, sculptures, and even digital artwork. Her unique application often creates "messages" in the composition, adding another depth of spirituality and adventure for the viewer. Kiki Piper owns an art gallery that bears her name, and the gallery is one of the presenting partners for the *M is for Menopause, Baby!* exhibition.



**MARIA TAVAREZ**

*Mother*

Acrylic on canvas

16" x 20"

*This work is the first in a three-part series on womanhood, and is a tribute to motherhood, the womb, the love a woman develops for her children and the bond of family. This impressionist abstract painting uses the Elephant, as it is known for its tight family bond, loyalty and protectiveness. The colors used for this were specifically chosen in shades of purple and pink for the association of power, wisdom, devotion and pride that comes with motherhood.*

Maria is a self-taught abstract expressionist artist pulling influences from Georgia O'Keeffe, Pablo Picasso, Frida Kahlo, and Paul Cézanne. She has attended some workshops with Eric McRay at Raleigh's C-MAC to improve her technique and skills. She has an MS in Health Administration from Saint Joseph's University and spends her time volunteering with several non profit organizations in the Triangle Area. Maria is the Lead Outreach Liaison for Art for All-NC which focuses on making art accessible to all communities despite means. Maria's art work focuses on mental health awareness through a variety of works that use cubistic, impressionist and expressionist styles. Maria's work has been exhibited at Maria V. Howard Art Center's Juried Art Competition 2023, Art Gallery of Moore County 2023 Fine Arts Festival, VAE Arts Organization Raleigh, Casa Azul of Greensboro Latitudes of Afro Latinx Art 2023. Maria's medium of choice is acrylic, spray paint, coarse texture paints and charcoal.



**MARIA TAVAREZ**

*The Cycle*

Acrylic on canvas

16" x 20"

*The final picture in a three-part series is a complete abstraction to the menstrual cycle with bold red strokes swirling behind the strength of the Linden Tree. The Linden tree which symbolizes divination, fertility, healing and in Romanian and Slovenian countries represents the link between life and death.*

Maria is a self-taught abstract expressionist artist pulling influences from Georgia O'Keeffe, Pablo Picasso, Frida Kahlo, and Paul Cézanne. She has attended some workshops with Eric McRay at Raleigh's C-MAC to improve her technique and skills. She has an MS in Health Administration from Saint Joseph's University and spends her time volunteering with several non profit organizations in the Triangle Area. Maria is the Lead Outreach Liaison for Art for All-NC which focuses on making art accessible to all communities despite means. Maria's art work focuses on mental health awareness through a variety of works that use cubistic, impressionist and expressionist styles. Maria's work has been exhibited at Maria V. Howard Art Center's Juried Art Competition 2023, Art Gallery of Moore County 2023 Fine Arts Festival, VAE Arts Organization Raleigh, Casa Azul of Greensboro Latitudes of Afro Latinx Art 2023. Maria's medium of choice is acrylic, spray paint, coarse texture paints and charcoal.



**LILLIAN L. THOMPSON**

*Formidable Role Model-Tina Turner*

Collage/Watercolor with overlay transparent film

18" x 12"





**LILLIAN L. THOMPSON**

*Transition of Tina Turner*

Color Pencils, Crayons/Ink Resist

18" x 12"



**CAROL TORIAN**

*Going Gray*

Acrylic on canvas

22" x 28"

*As an African-American woman, I grew up with a keen awareness that hair was a symbol of history, identity, survival, freedom, creativity, pride, empowerment, and resistance that could also be used as a tool of oppression. Our kinks, naps, coils, curls, braids, plaits and "kitchens" were the subject of much discussion. I remember that my aunt and her friends had beautiful, fierce Afros that commanded respect. And on any given Saturday afternoon in the 1970s, my mother could open the Royal Crown pomade and wield a hot comb in a way that would have made Madame C. J. Walker jealous. I haven't straightened my hair in a long time now. Instead, I wear it short and natural, which tends to surprise people who haven't seen me in a while. And I am going gray. This painting is about that transition. About embracing change. Seeking out the new self that is patiently waiting in the shadows. Forging new paths. And loving my roots.*

Carol Torian is a self-taught artist whose practice encompasses a diverse body of work including drawings, paintings, fiber art, ceramics and photography. Carol creates art that is inspired by nature, urban settings, women's issues, and social justice issues. She is a graduate of Meredith College, and the founder and owner of Drinking Gourd Gallery.



**CAROL TORIAN**

*She Rose*

Acrylic on canvas

36" x 24"

*After I created this painting, I learned of a poem by writer Erin Van Vuren that I believe captures the essence of the work. The poem reads: "I will not be another flower, picked for my beauty and left to die. I will be wild, difficult to find, and impossible to forget." - Erin Van Vuren*

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**CAROL TORIAN**

*IS IT HOT IN HERE? OR, IS IT JUST ME?*

Acrylic on paper

16" x 20"

*Vasomotor symptoms (VMS), commonly called hot flashes and night sweats inspired this piece. This vasomotor menopause symptom impacts roughly 75 percent of American women going through perimenopause and menopause, according to The North American Menopause Society (NAMS). You are viewing the back of this woman as she leans to the side and shouts to anyone in earshot, "IS IT HOT IN HERE? OR, IS IT JUST ME?" If you look closely, you may be able to see some of the faceless women that I "tattooed" on my subject's arms and back. I wanted to convey that this woman is not alone in her experience.*

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**CAROL TORIAN**

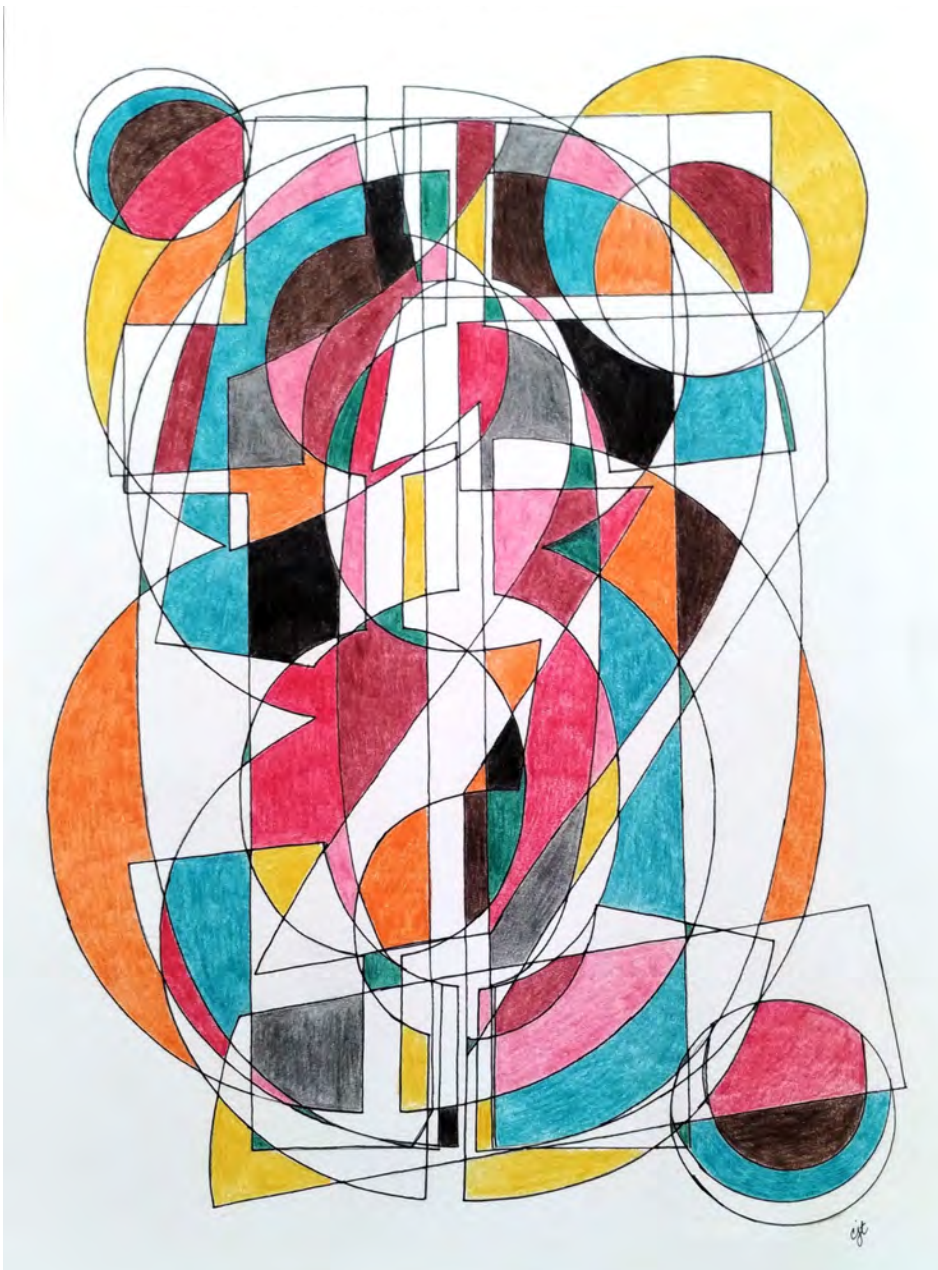
*Seeing Red: Period Poverty in America*

Mixed Media

14" x 18"

*Period poverty refers to a lack of access to menstrual products and affects many women and girls globally causing physical, mental, and emotional distress. The stigma and shame associated with periods often prevents individuals from talking about it. U.S. Rep. Grace Meng (D-NY) introduced Menstrual Equity for All Act in 2019 and it was signed into law in October 2021. This law requires all public schools serving any grade 6-12 to provide free menstrual products in school bathrooms. Together, we can work to end period poverty by donating pads, tampons, and other menstrual products to local organizations and schools on National Period Day, October 19, and throughout the year.*

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**CAROL TORIAN**

*Soul Vibrations*

Pencil and pen on paper

11" x 15"

*This work was inspired by Jasper Johns oil painting titled 0 through 9. I created my piece on paper using colored pencil and pen, and it contains numbers that have significance in my life.*

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**SHELVEY RAMSEY TORIAN**

*Autumn*

Acrylic on canvas

16" x 12"

*I have been interested in art since elementary school. It is one of my passions. I got started with art by doing art coursework in the 1960s, and I really enjoyed it a lot. At that time, I dreamed of becoming an artist. I like working with the primary colors. And I love how blending them creates a rich palette of many colors. I worked in the healthcare field for over 50 years, and I enjoyed doing art with the residents on my extended care unit. They enjoyed drawing and coloring as much as I did. I also once had the idea to do a quilt with the residents. I created the pattern, and I shared it with them. And together we made a quilt that still hangs on the recreation room wall at the hospital where I used to work. Art is an important part of my life because it keeps me busy and focused, and art has taught me that my artistic talents can have a positive impact.*



**SHELVEY RAMSEY TORIAN**

*In Flow*

Acrylic on canvas

15" x 26"

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**SHELVY RAMSEY TORIAN**

*A Day at the Beach*

Acrylic on canvas

8" x 10"

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# THANK YOU!

The *M is for Menopause, Baby!* exhibition is presented by Drinking Gourd Gallery in partnership with Rocky Mount Mills, KIKI PIPER and UNC Health Nash. We extend our heartfelt thank you to the artists, presenters, volunteers, and sponsors for their support and exceptional generosity.

## **Silver - \$1,000**

Varley Appraisal Group

## **Collector's Circle - \$250**

Virginia & Frank Gordon

Arnold & Julie Siegmund

## **Palette - \$50**

Bill Aucoin

Gwen Hardie

Latrice McFadden

## **In-kind Sponsorship**

Martha Abernathy

Sandra Burton

Tanella Hamlett

Gwen Hardie

Nini Howerton

Tamara L. Kissane

Kenneth Larkin

Darryl Matthews

Jean Tedder

Stacy Torian

Ruth Varley

Randy Williams

## **Education & Engagement Programming Session Sponsors**

Dr. Joanna Dauber, DO, NCMP

Heather Hankinson

Judy Robison

Stacy Torian

# EXHIBITION ARTWORK PRICE LIST

<b>Artist</b>	<b>Artwork</b>	<b>Artwork Price</b>
Tracey Rieder Albrecht	<i>Island Woman</i>	\$750.00
Tracey Rieder Albrecht	<i>The Crack of Spring</i>	\$750.00
Tracey Rieder Albrecht	<i>Cycles</i>	\$850.00
Kristin Barta	<i>Autonomy</i>	\$90.00
Kristin Barta	<i>Practice of Trust</i>	\$90.00
Kristin Barta	<i>Radiant</i>	\$90.00
Kristin Barta	<i>Feminine Energy</i>	\$90.00
Deborah Burton	<i>A Walk to Remember</i>	\$150.00
Jacqueline S. Dulin	<i>Liminal no. 2: The Fall</i>	\$5,000.00
Michelle Franklin	<i>Autumn Sister</i>	\$130.00
Michelle Franklin	<i>Butterfly Sister</i>	\$160.00
Jane Gardner	<i>Four Stages of Menopause</i>	\$100.00
Jane Gardner	<i>Journey Through the Fog</i>	\$125.00
Gwen Hardie	<i>Dreamscape</i>	\$100.00
Gwen Hardie	<i>Land of Opportunity</i>	\$100.00
Gwen Hardie	<i>Serenity</i>	\$100.00
Gwen Hardie	<i>Promised Land</i>	\$100.00
Brenda Harris	<i>Bloom</i>	\$90.00
Brenda Harris	<i>Rainy Day</i>	\$100.00
Brenda Harris	<i>Sunflowers</i>	\$150.00
Brenda Harris	<i>What People Think No. 1</i>	\$75.00
Brenda Harris	<i>What People Think No. 2</i>	\$75.00
Debra E. Johnson	<i>Untitled</i>	On Loan Courtesy of the Artist
Art Love and Rendon Foy	<i>One Less Egg to Fry</i>	SOLD
Art Love and Rendon Foy	<i>Alternate Visual of Hormone Levels Pre- and Post-Menopause</i>	\$75.00

# EXHIBITION ARTWORK PRICE LIST

<b>Artist</b>	<b>Artwork</b>	<b>Artwork Price</b>
Darryl Matthews	<i>Michelle Obama</i>	\$1,400.00
Darryl Matthews	<i>Whoopi Goldberg</i>	\$1,400.00
Darryl Matthews	<i>Cicely Tyson</i>	\$1,400.00
Darryl Matthews	<i>Little Sunflower</i>	\$150.00
Kirsten Moore	<i>Divine Awakening</i>	\$3,500.00
Kirsten Moore	<i>Breaking Away</i>	SOLD
Kirsten Moore	<i>Censored</i>	\$2,500.00
Barbara Outterson	<i>Mother of the Bride</i>	SOLD
Barbara Outterson	<i>Milton's Way</i>	On Loan Courtesy of the Artist
Barbara Outterson	<i>Woman As a Force of Nature</i>	On Loan Courtesy of the Artist
Corliss R. Owen	<i>Nubian Queen</i>	\$485.00
Corliss R. Owen	<i>Queens</i>	\$550.00
Corliss R. Owen	<i>I Know Why the Caged Bird Sings</i>	\$650.00
Corliss R. Owen	<i>The Faces of Menopause</i>	\$200.00
Maria Tavarez	<i>The Cycle</i>	\$200.00
Maria Tavarez	<i>Mother</i>	\$200.00
Lillian L. Thompson	<i>Formidable Role Model-Tina Turner</i>	\$600.00
Lillian L. Thompson	<i>Transition of Tina Turner</i>	SOLD
Carol Torian	<i>Soul Vibrations</i>	On Loan Courtesy of the Artist
Carol Torian	<i>Going Gray</i>	\$800.00
Carol Torian	<i>IS IT HOT IN HERE? OR, IS IT JUST ME?</i>	On Loan Courtesy of the Artist
Carol Torian	<i>Assemblage</i>	\$450.00
Carol Torian	<i>She Rose</i>	On Loan Courtesy of the Artist
Shelvy Ramsey Torian	<i>Autumn</i>	\$125.00
Shelvy Ramsey Torian	<i>In Flow</i>	\$650.00
Shelvy Ramsey Torian	<i>A Day at the Beach</i>	\$250.00